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**FOR IMMEDIATE RELEASE**

# **JFCS offering memory loss support group for Jewish caregivers**

**MINNETONKA, MN, Feb. 22, 2017 –**

Jewish Family and Children's Service of Minneapolis (JFCS) and Temple Israel are co-sponsoring a support group for Jewish caregivers of spouses and life partners with memory loss. The group meets on the second Wednesday of each month from 1-2:30 p.m. at Temple Israel (2324 Emerson Ave. S., Minneapolis).

Barbara Rudnick, MA, JFCS Program Manager for Family Life Education, leads the support group. She has more than 30 years of experience as a group facilitator, focusing on issues such as the challenge of caregiving, loss, grief and transition.

The support group covers topics such as the challenges of being a caregiver, the importance of taking care of yourself and more. Participants have opportunities to share experiences and other information as well.

The group is free and open to the community, but pre-registration is required. To register contact Rudnick at 952-542-4825 or [brudnick@jfcsmpls.org](mailto:brudnick@jfcsmpls.org).

## **About JFCS**

Jewish Family and Children's Service of Minneapolis (JFCS), a non-profit located in Minnetonka, provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering and offer support in times of need.

For more information call 952-546-0616 or visit [www.jfcsmpls.org](http://www.jfcsmpls.org).